

Storify by Christine Chambers

3 months ago

## #KidsCancerPain Twitter Chat

#KidsCancerPain tackled the problem of pain in children with cancer through a year long social media campaign for parents called "Making Cancer Less Painful For Kids". The campaign concluded with a Twitter Chat on September 12th, 2017.



Coming up! @cancerkn is hosting a #tweetchat with a panel of experts and parents all about #KidsCancerPain. [pic.twitter.com/zZtU7huM5c](https://pic.twitter.com/zZtU7huM5c)

 CDN CANCER SOCIETY @CANCERSOCIETY · 3 MONTHS AGO



CKN

@cancerkn

Mark your calendars....Tuesday September 12, 8pm ET use the hashtag #KidsCancerPain. [twitter.com/cancersociety/...](https://twitter.com/cancersociety/)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

We are grateful to be partnering with [@cancerkn](#) for the [#KidsCancerPain](#) campaign, funded by a [@cancersociety](#) grant [twitter.com/cancersociety/...](#)



3 MONTHS AGO

**JAParker**

@JAParkerPhD

Follow [#KidsCancerPain](#) for evidence-based info & join the [#tweetchat](#) Sept 12 @ 8pm ET to connect with others. [#childhoodcancerawarenessmonth](#) [twitter.com/cancerkn/statu...](#)



3 MONTHS AGO

Organizations and hospitals helped spread the word about the event:



Come discuss [#KidsCancerPain](#) w/ [@cancerkn](#) in a twitter chat tomorrow at 9pm AT [#ChildhoodCancerAwarenessMonth](#) [#CCAM](#) [#Cancer](#) [#Oncology](#) [pic.twitter.com/ydVnZ6ahyy](#)



BHCRI RESEARCH @BHCRI · 3 MONTHS AGO

 **Kids Cancer Care AB**  
@KidsCancerCare

Join the conversation tomorrow evening, 6pm MT. [#KidsCancerPain](#)  
[twitter.com/cancerkn/statu...](https://twitter.com/cancerkn/status/938444444444444444)

 3 MONTHS AGO

 **Canadian Nurses Assn**  
@canadanurses

Come discuss [#KidsCancerPain](#) in a twitter chat on today at 8pm ET  
[#childhoodcancerawarenessmonth](#) [#Cancer](#) [#Oncology](#) [cancerkn.com/kidscancerpain/](https://cancerkn.com/kidscancerpain/)

 3 MONTHS AGO

 **SickKids\_TheHospital**  
@SickKidsNews

Tonight 8pm ET: Join [@cancerkn](#)'s live Twitter Chat on [#KidsCancerPain](#), just in time for  
[#ChildhoodCancerAwarenessMonth](#) [#pedcsn](#) [twitter.com/cancerkn/statu...](https://twitter.com/cancerkn/status/938444444444444444)

 3 MONTHS AGO

 **Children First**  
@children1stca

[#kidscancerpain](#) Twitter chat happening today 8pm ET [twitter.com/drcchambers/st...](https://twitter.com/drcchambers/status/938444444444444444)

 3 MONTHS AGO

Parents, advocates, healthcare providers, trainees, and scientists were excited to join the conversation and discuss evidence-based pain information for children living with cancer:

 **Kristen Higgins**  
@KristenSHiggins

Great discussion happening tomorrow night! [#KidsCancerPain](#) [twitter.com/DrCCchambers/st...](https://twitter.com/DrCCchambers/status/938444444444444444)

 3 MONTHS AGO

 **Aimee Hildenbrand**  
@a\_hildenbrand24

I'll be joining - looking forward to hearing more about what [#KidsCancerPain](#) has done over the past year and next steps! [twitter.com/PerriTutelman/...](https://twitter.com/PerriTutelman/status/938444444444444444)

 3 MONTHS AGO

**Fiona Campbell, MD**

@DrFCampbell

Looking forward to the [#KidsCancerPain](#) Twitter Chat tonight as well :) [@CanadianPain](#)  
[@DrCChambers](#) [@DrJenStinson](#) [@JARabbitts](#) [@DickieFox](#) [twitter.com/LCHeathcote/st...](#)



3 MONTHS AGO

**Happy Quail**

@HappyQuailPress

[@sica\\_yvonne](#) 🙏 Thankful to get this update! Yes- tonight! [#KidsCancerPain](#) [#TwitterChat](#)  
with [@cancerkn](#) [#ChildhoodCancer](#)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

Wonder what the [#KidsCancerPain](#) campaign is all about? Check out the intro blog and video!  
[twitter.com/JAParkerPhD/st...](#)



3 MONTHS AGO

**Justine Dol**

@JustineDol

It is so important to talk about [#kidscancerpain](#). I am ready to join the conversation!  
[#kidscancerpain](#)



3 MONTHS AGO

**Then the Twitter Chat started!**



Welcome to the [#KidsCancerPain](#) tweet chat! We are so glad to have you with us this evening! Be sure to tweet along using [#KidsCancerPain](#) [pic.twitter.com/Lsgdcnaecb](https://pic.twitter.com/Lsgdcnaecb)

 CKN @CANCERKN · 3 MONTHS AGO



**Christine Chambers**  
@DrCChambers

For the last year we've partnered with [@cancerkn](#) to bring you the best research evidence about [#KidsCancerPain](#) [#kidscancerpain](#)

 3 MONTHS AGO



**Christine Chambers**  
@DrCChambers

This chat is for anyone with an interest in [#KidsCancerPain](#), [#advocates](#), [#patients](#), [#parents](#), [#caregivers](#), family & friends.

 3 MONTHS AGO



**CKN**  
@cancerkn

[#KidsCancerPain](#) is about providing the most up-to-date information science has about [#pain](#) management for [#ChildhoodCancer](#)

 3 MONTHS AGO



**Christine Chambers**

@DrCCChambers

Grateful to have my friend and colleague @DrJenStinson as co-lead of his @CCSresearch funded Knowledge to Action grant #KidsCancerPain



3 MONTHS AGO

**CKN**

@cancerkn

Many members of our #research team and #parent panel are joining us tonight to provide us with valuable #pain insight #KidsCancerPain



3 MONTHS AGO

Here are a few of the people who joined in on the conversation:

**couragesings**

@couragesings

Chat starting now for those interested in #KidsCancerPain! [twitter.com/drcchambers/st...](https://twitter.com/drcchambers/st...)



3 MONTHS AGO

**Christine Chambers**

@DrCCChambers

I'm @DrCCChambers, a psychologist and @CRC\_CRC who studies children's pain. I'm passionate about getting research to parents! #KidsCancerPain



3 MONTHS AGO

**Dr. Jennifer Stinson**

@DrJenStinson

So happy to be joining in for this #KidsCancerPain Twitter chat. I'm a nurse who studies #KidsCancerPain and how to help.



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

Hi! I'm Perri. I'm a PhD student in clinical psychology studying pain in children with cancer. Happy to be here! #KidsCancerPain



3 MONTHS AGO

**Erin Brown**

@erinbrown12

@PerriTutelman I'm ready to go! Excited to take part in my first Twitter chat. I'm a phd student from Australia [#kidscancerpain](#)



3 MONTHS AGO

**Emily Drake**

@EK\_Drake

@DrCCChambers .@DalHealth [#PhD](#) in Health student (first time I've said that in a chat)! A [#consultant](#) and was the digital strategist for [#KidsCancerPain](#)



3 MONTHS AGO

**Justine Dol**

@JustineDol

Hi! I am a PhD student in Health & research manager. I am interested in empowering parents to improve child health. [#kidscancerpain](#)



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

Hi I'm Ruth, and I'm the Mom of a toddler with PH+All. This is my first [#tweetchat](#) [#KidsCancerPain](#) - thank you for hosting it!



3 MONTHS AGO

**Dr Vicky Forster**

@vickyfyf

Hi all, excited to join in [#KidsCancerPain](#) from Toronto airport! Am a childhood cancer researcher, survivor of ALL and survivorship advocate



3 MONTHS AGO

**Holly Witteman**

@hwitteman

I'm a researcher on the [#kidscancerpain](#) team. I study health education, communication & decisions. Learned a lot about pain in this project.



3 MONTHS AGO

**JAParker**

@JAParkerPhD

Hi! I'm a research associate at the [@IWKHealthCentre](#) researching children's pain with [@DrCChambers](#) & interested in [#KidsCancerPain](#) [twitter.com/DrCChambers/st...](#)



3 MONTHS AGO

**Erin Brown**

@erinbrown12

[@EK\\_Drake](#) [@PerritTutelman](#) Hi Emily, my research looks at increasing psycho-social support for parents of kids undergoing painful medical procedures [#kidscancerpain](#)



3 MONTHS AGO

**Calvin Pearce**

@pearceauto

[#KidsCancerPain](#)

3 MONTHS AGO

**Lindsay Jibb**

@lindsayjibb

Hi! I'm a peds oncology nurse, researcher [@uOttawa](#), on the [#kidscancerpain](#) team & happy to be part of the chat tonite



3 MONTHS AGO

**Kylie Peacock**

@kylierpeacock

Great chat happening right now re: [#KidsCancerPain](#)! Check out [@cancerkn](#) - join in or just take a look!



3 MONTHS AGO

**Pro Pain Solutions**

@PainSolutionPro

Hi, Anjana Kundu, a holistic Peds pain and palliative care doc. Glad to join [#kidscancerpain](#)



3 MONTHS AGO





**Pat Taylor**  
@PatTaylorCR

Hi I am Pat. I am late joining. I am founder of Chasing Rainbows Young Adult Cancer Advocacy.  
[#KidsCancerPain](#)

 3 MONTHS AGO



**Pat Taylor**  
@PatTaylorCR

I am listening in to learn more about [#kidscancerpain](#)

 3 MONTHS AGO



**Marjorie**  
@JeepGirl\_2005

Hi! I'm Marjorie. Need to re-do my intro! not a patient, I'm a patient navigator ( in Ped oncology) in NB. Let's chat about [#KidsCancerPain](#)

 3 MONTHS AGO



**Lauren Heathcote**  
@LCHeathcote

Hi, I'm a postdoctoral fellow @StanfordPain researching [#KidsCancerPain](#) especially after treatment ends. Great to be following this chat!

 3 MONTHS AGO

Throughout the chat we asked questions and were able to share evidence-based research with those who joined. Pain is one of the most distressing symptoms experienced by children with cancer and their parents. We started by asking people in their experience, what treatments or procedures are the most painful for children:



**CKN**  
@cancerkn

Q1. In your experience, what treatments or procedures are the most painful for children?  
[#KidsCancerPain](#)

 3 MONTHS AGO



**Perri Tutelman**  
@PerriTutelman

A1: Parents told us lumbar punctures & port access were some of their kids' most painful procedures [#KidsCancerPain facebook.com/19422253405176...](#)

 3 MONTHS AGO

**Christine Chambers**

@DrCChambers

In this [#KidsCancerPain #blog](#) post we discuss prevalence, sources and impact of [#pain](#) in children with [#cancer](#) [cancerkn.com/unlocking-myst...](http://cancerkn.com/unlocking-myst...)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

A PhD Student on our team [@PerriTutelman](#) recently published a paper on prevalence and sources of [#KidsCancerPain](#) [ncbi.nlm.nih.gov/pubmed/28678061](http://ncbi.nlm.nih.gov/pubmed/28678061)



3 MONTHS AGO

**CKN**

@cancerkn

Cancer itself can cause pain. It can also occur from treatments and procedures [ow.ly/GJAX3of6Sgv](http://ow.ly/GJAX3of6Sgv) [#KidsCancerPain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

Our research has found that distraction is an effective way to prevent/manage pain from procedures [#KidsCancerPain](#) [ncbi.nlm.nih.gov/pubmed/24108531](http://ncbi.nlm.nih.gov/pubmed/24108531)



3 MONTHS AGO



Here's a video on how [#cancer](#) [#pain](#) may affect your child [youtube.com/watch?v=5uXDS2...](https://www.youtube.com/watch?v=5uXDS2...)  
[#KidsCancerPain](#)

CKN @CANCERKN · 3 MONTHS AGO

We then asked what forms of distraction people have used that they've found helpful:

CKN  
 @cancerkn

Q2 What forms of distraction have you used that you've found helpful? [#KidsCancerPain](#)

3 MONTHS AGO



JAParker  
 @JAParkerPhD

Yes! Technology can be very effective for helping with [#KidsCancerPain](#) in many ways.  
[twitter.com/DrJenStinson/s...](https://twitter.com/DrJenStinson/s...)

3 MONTHS AGO



Christine Chambers  
 @DrCChambers

It's important that distraction for procedure pain management be age-appropriate to be effective  
[cancerkn.com/tips-manage-ch...](https://cancerkn.com/tips-manage-ch...) [#KidsCancerPain](#)

3 MONTHS AGO

**Pro Pain Solutions**

@PainSolutionPro

I've used guided imagery, self hypnosis and acupuncture successfully with cancer pain  
[#KidsCancerPain](#)



3 MONTHS AGO

**CKN**

@cancerkn

0-12 month olds – try: soft music, rattles, soothing voice, swaddling cuddling [#KidsCancerPain](#)



3 MONTHS AGO

**CKN**

@cancerkn

1-3 years – try: bubbles, musical toys, storytelling, holding hands [#KidsCancerPain](#)



3 MONTHS AGO

**CKN**

@cancerkn

3-5 years – try: watching movies, counting, comfort positioning, interactive games or apps  
[#KidsCancerPain](#)



3 MONTHS AGO

**CKN**

@cancerkn

6-12 years – try: I Spy books, electronic games, jokes, deep breathing, imagery [#KidsCancerPain](#)



3 MONTHS AGO

**CKN**

@cancerkn

13-18 years – try: reading, squeeze ball, muscle relaxation, watching movies, music (using headphones) [#KidsCancerPain](#)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

The [#KidsCancerPain](#) needle pain blog has some great distraction ideas! [cancerkn.com/tips-manage-ch...](http://cancerkn.com/tips-manage-ch...) [twitter.com/DrCCchambers/st...](https://twitter.com/DrCCchambers/st...)



3 MONTHS AGO

**Christine Chambers**

@DrCCchambers

As a psychologist, I've learned that it helps to involve kids in choosing distractors as part of preparing for procedures [#KidsCancerPain](#)

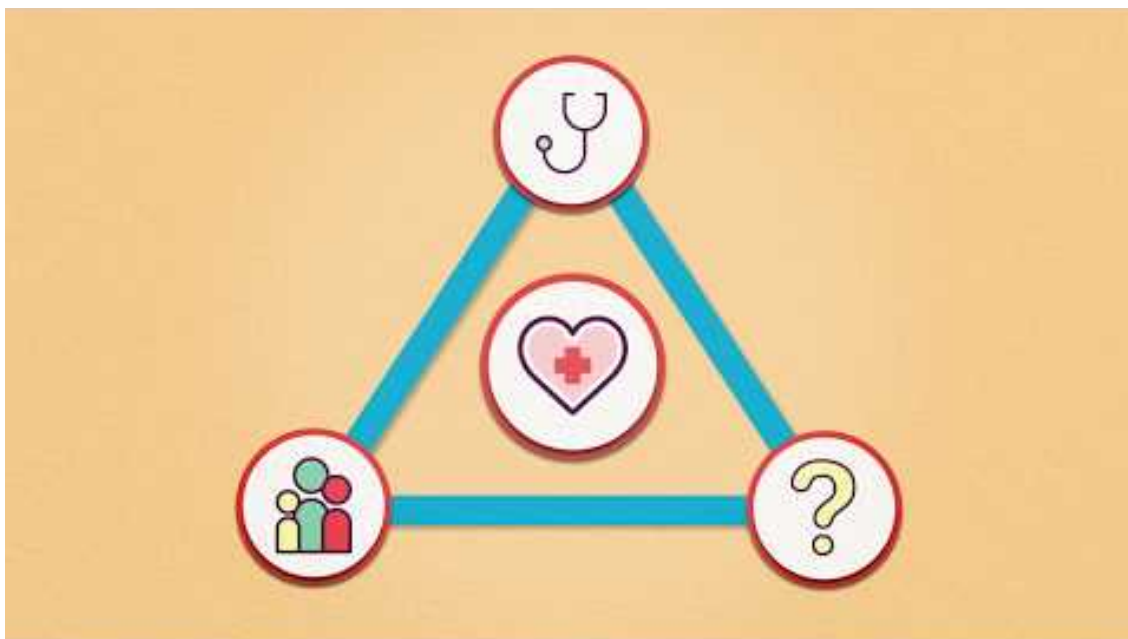


3 MONTHS AGO



[@PainSolutionPro](#) Hypnosis has been shown to be effective with [#KidsCancerPain](#). Check out this video by Dr. [@LeoraKuttner](#) [youtube.com/watch?v=cyApK8...](https://youtube.com/watch?v=cyApK8...) [pic.twitter.com/DVNz4KDLOH](https://pic.twitter.com/DVNz4KDLOH)

**JAPARKER** @JAPARKERPHD · 3 MONTHS AGO



This #KidsCancerPain video has others tips on how to help your child cope with pain  
[youtube.com/watch?v=wxo\\_07...](https://www.youtube.com/watch?v=wxo_07...)

 CHRISTINE CHAMBERS @DRCCHAMBERS · 3 MONTHS AGO



Did you know robots can help with cancer pain - check out Medi #KidsCancerPain  
[pic.twitter.com/jp82hHqTPi](https://pic.twitter.com/jp82hHqTPi)

 DR. JENNIFER STINSON @DRJENSTINSON · 3 MONTHS AGO





CKN

@cancerkn

For more details on [#distraction](#) and managing needle pain read this blog: [cancerkn.com/tips-manage-ch...](http://cancerkn.com/tips-manage-ch...) [#KidsCancerPain](#)



3 MONTHS AGO



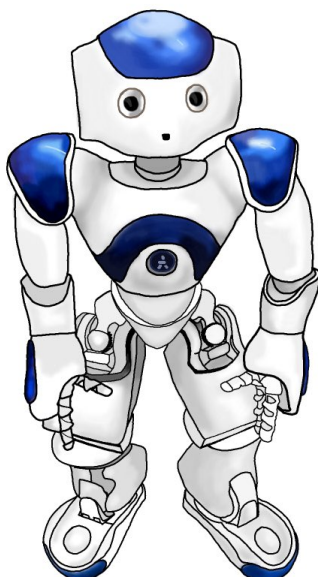
Lindsay Jibb

@lindsayjibb

[@bravetoddler](#) Hi Ruth! Once your MD is treating the underlying infection, prescribed pain meds and distraction can be very helpful! [#kidscancerpain](#)



3 MONTHS AGO



[@DrJenStinson](#) Medi is great!! Awesome to see how he distracted kids during port access!!

[@lindsayjibb](#) [#KidsCancerPain](#) [pic.twitter.com/oQuEphDfYx](https://pic.twitter.com/oQuEphDfYx)

CARLEY OUELLETTE [@CARLEYOUELLETTE](#) · 3 MONTHS AGO

An important first step to managing [#KidsCancerPain](#) is knowing how to measure it. There are tools to help!



CKN

@cancerkn

Q3: Have you used tools to assess a child's [#cancer](#) pain? [#KidsCancerPain](#)



3 MONTHS AGO



CKN

@cancerkn

You can determine a child is in pain by what they say, how they behave and how their body responds [ow.ly/KHvf3of6SO3](https://ow.ly/KHvf3of6SO3) #KidsCancerPain



3 MONTHS AGO



Have you heard of #PainSquad to help assess #KidsCancerPain? (check out our video at [youtube.com/watch?v=qs19Nj...](https://youtube.com/watch?v=qs19Nj...)) #KidsCancerPain



DR. JENNIFER STINSON @DRJENSTINSON · 3 MONTHS AGO



Christine Chambers

@DrCChambers

I think every parent should have a copy of this pain scale next to their thermometer. [iasp-pain.org/Education/Cont...](https://iasp-pain.org/Education/Cont...) #KidsCancerPain @IASPPAIN



3 MONTHS AGO



Perri Tutelman

@PerriTutelman

The Pain Squad iOS app is a research-backed tool for kids ages 8-18 to report and track their pain! [itunes.apple.com/us/app/pain-sq...](https://itunes.apple.com/us/app/pain-sq...) #KidsCancerPain



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

For children >3 years old this free pain scale can be used to get self-reports of pain

[#KidsCancerPain](#) [@IASPPAIN](#) [iasp-pain.org/Education/Cont...](http://iasp-pain.org/Education/Cont...)



3 MONTHS AGO

**CKN**

@cancerkn

Examples of pain assessment tools: pieces of hurt tool and the numerical scale. Read here for more [ow.ly/T7rn3of6SRO](http://ow.ly/T7rn3of6SRO) [#KidsCancerPain](#)



3 MONTHS AGO



Measuring a child's pain with is so important. Using a tool can help. [twitter.com/DrCChambers/st...](https://twitter.com/DrCChambers/st...)

[#KidsCancerPain](#) [pic.twitter.com/HwptjeQgKx](https://pic.twitter.com/HwptjeQgKx)



JAPARKER @JAPARKERPHD · 3 MONTHS AGO

**CKN**

@cancerkn

An app developed by [@DrJenStinson](#) can make it easier to measure & track [#KidsCancerPain](#) [ow.ly/moT83of6STG](http://ow.ly/moT83of6STG)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

Great tips on pain assessment and tools to use in this [#KidsCancerPain](#) blog post [cancerkn.com/tools-help-ass...](#)



3 MONTHS AGO

**Dr. Jennifer Stinson**

@DrJenStinson

Research plays such an important role in helping children with [#KidsCancerPain](#) - parenting with parents and kids with cancer is essential!



3 MONTHS AGO

**Marjorie**

@JeepGirl\_2005

[@DrCChambers](#) [@EK\\_Drake](#) Flacc, PIPP, & PPQ [#KidsCancerPain](#) [#pain](#) [#cancerpain](#)



3 MONTHS AGO

**Happy Quail**

@HappyQuailPress

"The Pain Squad™ App is for 8-18 year olds to track pain related to cancer. Just fill it in twice a day..." [#ChildhoodCancer](#) [#kidscancerpain](#) [twitter.com/DrCChambers/st...](#)



3 MONTHS AGO

**Dr. Jennifer Stinson**

@DrJenStinson

[@DrCChambers](#) Download this app to help your child/teenager better communicate about their cancer pain with their health care providers [#kidscancerpain](#)



3 MONTHS AGO

**Dickie Fox**

@DickieFox

Measure & track [#kidscancerpain](#) [@CanadianPain](#) [@CaPainCoalition](#) [@painsquad](#) [@Drhaclarke](#) [@CardiacPainRC](#) [@ArgylePR](#) [@IASPnetwork](#) [twitter.com/drcchambers/st...](#)



3 MONTHS AGO

**We wanted to know what helps parents deal with medical procedures:**

 **CKN**  
@cancerkn

Q4: What helps you deal with medical procedures? [#KidsCancerPain](#)

 3 MONTHS AGO

 **Christine Chambers**  
@DrCChambers

It's important that parents feel empowered to ask questions & work with medical team to come up with pain management plans [#KidsCancerPain](#)

 3 MONTHS AGO

 **Perri Tutelman**  
@PerriTutelman

Absolutely! And you can find great music/imagery tracks online to help too! [#KidsCancerPain](#)  
[twitter.com/PJMcElroy410/s...](https://twitter.com/PJMcElroy410/s...)

 3 MONTHS AGO

 **CKN**  
@cancerkn

Preparation before procedures can help – like practicing the motions [ow.ly/ZHLz3of6T4R](https://ow.ly/ZHLz3of6T4R)  
[#KidsCancerPain](#)

 3 MONTHS AGO

 **Lauren Heathcote**  
@LCHeathcote

[@cancerkn](#) Biopsies often cause pain, especially in body parts that are less accessible (e.g., lungs). Sedation can help relieve pain. [#KidsCancerPain](#)

 3 MONTHS AGO

 **Christine Chambers**  
@DrCChambers

Our research has shown that parent behavior can have a big impact on child pain. It's hard for parents to know how to act [#KidsCancerPain](#)

 3 MONTHS AGO

**Christine Chambers**

@DrCChambers

Making sure that painful procedures happen outside of your child's hospital room is important  
[cancerkn.com/managing-child...](https://cancerkn.com/managing-child...)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

Positioning is important. Children should NEVER be held down for procedures.  
[twitter.com/DrCChambers/st...](https://twitter.com/DrCChambers/st...)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

Kids can tell parents are anxious so it helps to try to act calm during medical procedures  
[#EasierSaidThanDone](#) [#KidsCancerPain](#)



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

[@DrCChambers](#) Today we transitioned from as needed doses to a drip and that helped even out the darkest valleys and bright peaks! [#kidscancerpain](#)



3 MONTHS AGO





Research shows that touching, like holding hands, can help with pain & anxiety during procedures.  
[#KidsCancerPain pic.twitter.com/DR1hAdgPyq](#)

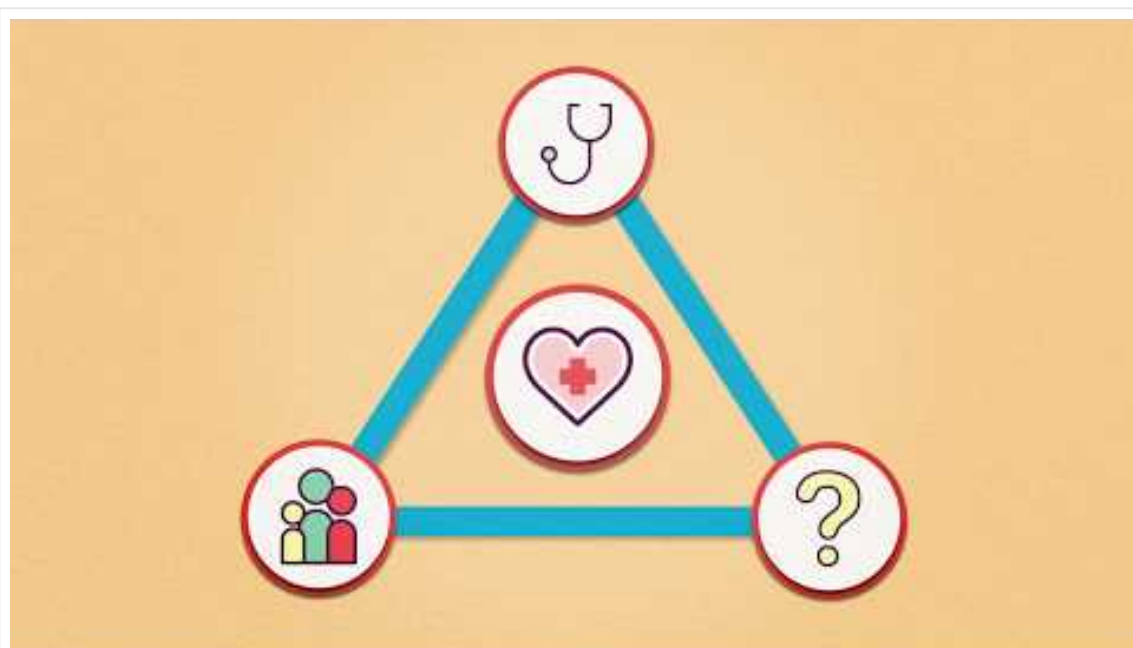
 CKN @CANCERKN · 3 MONTHS AGO



**Perri Tutelman**  
@PerriTutelman

How parents think and feel about pain impacts their child's pain too! Important to be informed and ask lots of questions [#KidsCancerPain twitter.com/DrCChambers/st...](#)

 3 MONTHS AGO



Medications also play a very important role in #KidsCancerPain management: [youtube.com/watch?v=wxo\\_07...](https://www.youtube.com/watch?v=wxo_07...)

 CHRISTINE CHAMBERS @DRCCHAMBERS · 3 MONTHS AGO

We also wanted to know about postoperative pain in children with cancer and what experiences those attending the Twitter Chat have had:

 **CKN**  
@cancerkn

Q5: Let's talk about post-operative [#pain](#) in children. Have you had any experience with this? How? [#KidsCancerPain](#)

 3 MONTHS AGO

 **Lauren Heathcote**  
@LCHeathcote

@cancerkn Surgery often causes pain, and post-surgical procedures such as blood-thinning injections can continue pain & distress. [#KidsCancerPain](#)

 3 MONTHS AGO

 **Ruth McCrea**  
@bravetoddler

@DrFCampbell Humidified air that's one we haven't discussed. Lips get SO dry even with hydration. [#kidscancerpain](#)

 3 MONTHS AGO

**Marjorie**

@JeepGirl\_2005

@PerriTutelman That's when I love to call in my [#Childlife](#) colleagues !! [#distractiontherapy](#)  
[#bestfriendsatwork](#) [#KidsCancerPain](#)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

Good [#KidsCancerPain](#) management takes [#teamwork](#) and [#collaboration](#)!  
[twitter.com/JeepGirl\\_2005/...](https://twitter.com/JeepGirl_2005/)



3 MONTHS AGO

**Christine Chambers**

@DrCCchambers

@JeepGirl\_2005 @PerriTutelman I ❤️ childlife specialists! [#KidsCancerPain](#) We have some  
great ones @IWKHealthCentre!



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

@bravetoddler @DrCCchambers So glad to hear that!! We know from research that its important  
to get ahead of the pain as much as possible! [#KidsCancerPain](#)



3 MONTHS AGO

**Emily Drake**

@EK\_Drake

Childlife specialists are so fantastic and make a world of a difference! [#KidsCancerPain](#)  
[twitter.com/DrCCchambers/st...](https://twitter.com/DrCCchambers/st...)



3 MONTHS AGO



Acting calm helps kids be calm [#easiersaidthandone](#) [twitter.com/DrCChambers/st...](#)  
[#KidsCancerPain](#) [pic.twitter.com/eLtgo3oPMJ](#)

JAPARKER @JAPARKERPHD · 3 MONTHS AGO



**Christine Chambers**  
 @DrCChambers

DYK that it can take 17 years for research results to find their way to end users? That's too long!  
 Social media can help ! [#KidsCancerPain](#)

3 MONTHS AGO



**CKN**  
 @cancerkn

Poorly managed post-op pain can delay healing, cause chronic pain/anxiety w/ subsequent procedures. [#KidsCancerPain](#) [ow.ly/An473of6TmA](#)

3 MONTHS AGO



**Pro Pain Solutions**  
 @PainSolutionPro

Tailored Regional anesthesia, opioid and non opioid pain meds with CAM therapies work for post op@pain [#KidsCancerPain](#)

3 MONTHS AGO



[@DrCChambers](#) We almost missed topical anesthetics! An easy way to help to numb the skin before needle procedures [#KidsCancerPain](#) [pic.twitter.com/uRdvmKQPHK](https://pic.twitter.com/uRdvmKQPHK)

[PERRI TUTELMAN](#) [@PERRITUTELMAN](#) · 3 MONTHS AGO



[JAParker](#)

[@JAParkerPhD](#)

[@PainSolutionPro](#) Agreed! Parent involvement is so important. Check out this [#KidsCancerPain](#) blog on surgical pain. [cancerkn.com/post-operative...](https://cancerkn.com/post-operative...)

3 MONTHS AGO



[Lauren Heathcote](#)

[@LCHeathcote](#)

[@cancerkn](#) Rehabilitation after surgery can cause pain. Physicians & physiotherapists can help children and parents through this pain. [#KidsCancerPain](#)

3 MONTHS AGO

Parents and survivors asked the team questions about cancer pain during and after the chat:

**Ruth McCrea**

@bravetoddler

A tough one perhaps...I'm curious about [#painmanagement](#) suggestions during fungal infections, is there a best practice? [#kidscancerpain](#)



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

As you know, fungus is one of the many deadly side effects of [#childhoodcancer](#) treatment, etc... [#kidscancerpain](#) [#neutropenia](#) [twitter.com/bravetoddler/s...](https://twitter.com/bravetoddler/s...)



3 MONTHS AGO

**Fiona Campbell, MD**

@DrFCampbell

Great question - are you asking about pain management for fungal infections in the mouth? [#kidscancerpain](#) [twitter.com/bravetoddler/s...](https://twitter.com/bravetoddler/s...)



3 MONTHS AGO

**Lindsay Jibb**

@lindsayjibb

[@bravetoddler](#) Hi Ruth! Once your MD is treating the underlying infection, prescribed pain meds and distraction can be very helpful! [#kidscancerpain](#)



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

[@DrFCampbell](#) Throughout the interior of the body and/or possibly isolated to stomach or infected tube. Thanks! [#KidsCancerPain](#) ...we are waiting on CTsc



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

[@lindsayjibb](#) Our care team is amazing - I'm just wanting sure we are not missing anything! [#morphine](#) [#ipad](#) [#mommyunicorngames](#) [#playdoh](#) [#kidscancerpain](#)



3 MONTHS AGO



**Christine Chambers**

@DrCChambers

@bravetoddler @lindsayjibb Way to go Mom! #KidsCancerPain



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

@PerriTutelman @lindsayjibb ...and dad ☐!!!! He just stays behind the scenes on #kidscancerpain ;)



3 MONTHS AGO

**Ruth McCrea**

@bravetoddler

I'm blushing - thank u. But truly, I'd do anything to make hurts go away and help other kiddies too. #kidscancerpain [twitter.com/ek\\_drake/statu...](https://twitter.com/ek_drake/status...)



3 MONTHS AGO

**Katie Pierantozzi**

@KatiePierantozz

@DrCChambers do you have any tips for pain associated with neuropathy and heel cord shortening? (side effect of vincristine) #KidsCancerPain [twitter.com/happyquailpres...](https://twitter.com/happyquailpres...)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

@KatiePierantozz Neuropathic pain is challenging. There are evidence-based strategies (pharm, phys, psych) you can ask your team about. #KidsCancerPain



3 MONTHS AGO

**Laura Sandy (Seddon)**

@Mumofalltrades

Controlling pain of Vincristine meant my son could run around and not need physio. #KidsCancerPain



3 MONTHS AGO



**Dr Vicky Forster**

@vickyyyf

I wonder if anyone focusing on [#KidsCancerPain](#) knows anything about long term pain? There is a spot on my back where I had LPs which...



3 MONTHS AGO

**Dr Vicky Forster**

@vickyyyf

Is kryptonite if touched. I double over in pain. Wonder whether lumbar punctures in same site responsible even 23yrs after [#kidscancerpain](#)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

[@vickyyyf](#) Great q! We know that repeated pain can cause individuals to become sensitized to pain. More to come from my dissertation [#KidsCancerPain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

[@vickyyyf](#) This is the focus of [@PerriTutelman](#)'s dissertation on [#KidsCancerPain](#)



3 MONTHS AGO

**Dr Vicky Forster**

@vickyyyf

[@PerriTutelman](#) Interesting! Looking forward to your results! [#kidscancerpain](#)



3 MONTHS AGO

**Perri Tutelman**

@PerriTutelman

[@vickyyyf](#) Pain in survivors is understudied. That'll change soon with research coming from [@NicoleMALberts](#) [@LCHeathcote](#) & more [#KidsCancerPain](#)



3 MONTHS AGO



Nicole Alberts, PhD

@NicoleMAlberts

Excited to partner with researchers and survivors in moving this field forward. [#KidsCancerPain](#)  
[twitter.com/perritutelman/...](https://twitter.com/perritutelman/)



3 MONTHS AGO



@DrCChambers @PerriTutelman #kidscancerpain [pic.twitter.com/TBxbgC83pk](https://pic.twitter.com/TBxbgC83pk)



DR VICKY FORSTER @VICKYYF · 3 MONTHS AGO



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@emstahhh

I love this discussion on twitter. Sad I missed the chat yesterday! [#KidsCancerPain](#)  
[@cancersociety](#)



3 MONTHS AGO



Christine Chambers

@DrCChambers

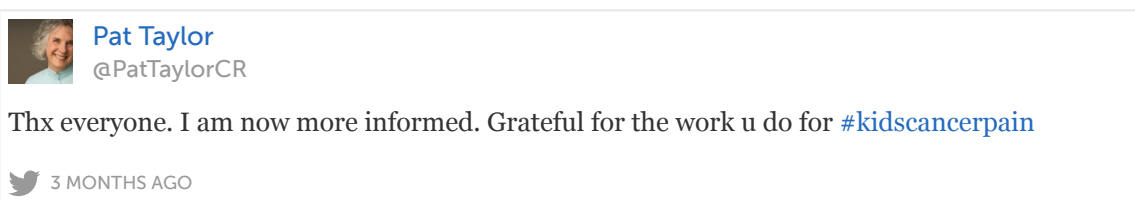
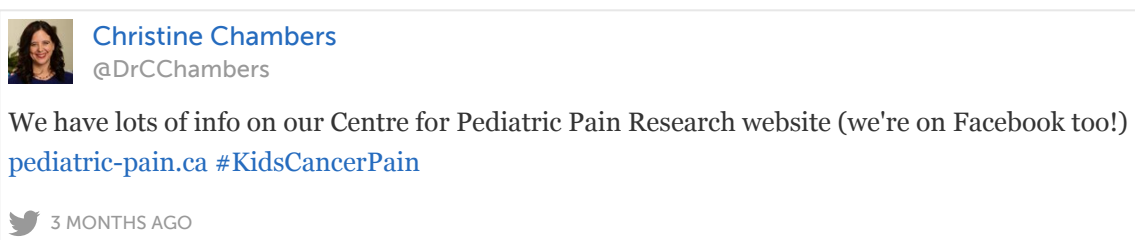
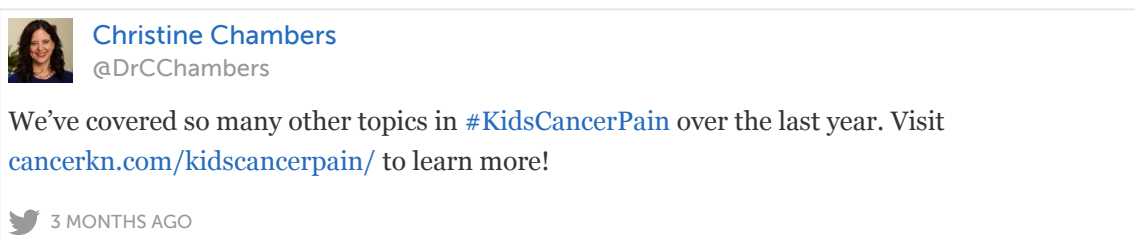
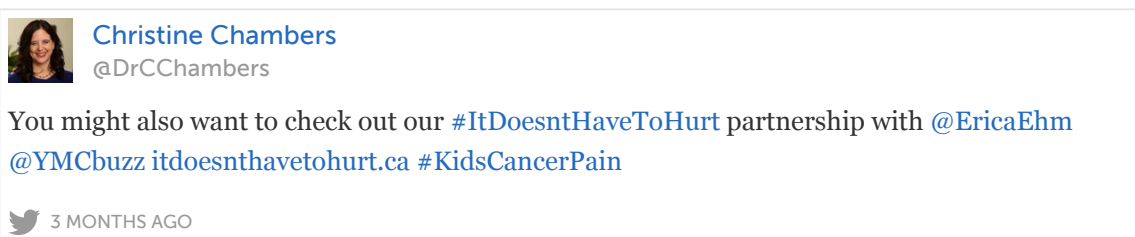
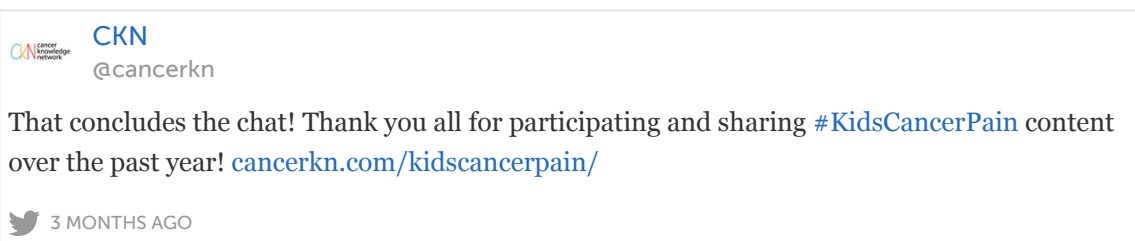
[@emstahhh](#) [@cancersociety](#) We'll be circulating a Storify summary of the chat for those who missed it! [#KidsCancerPain](#)



3 MONTHS AGO



If you are looking for more information about the [#KidsCancerPain](#) and [#ItDoesntHaveToHurt](#) campaigns:



We would be so grateful if you would take a few minutes to complete our survey!

**Complete our survey if:**

- ▶ you are a **parent or caregiver** who has a **child with cancer** (TREATMENT, REMISSION OR SURVIVOR)
- ▶ you have seen any of our **#KidsCancerPain** content over the last year

**There will be a draw to win 1 of 3 VISA gift cards worth \$250 CDN**

Centre for Pediatric Pain Research  
SCIENCE HELPING CHILDREN

Making Cancer Less Painful for Kids  
#kidscancerpain

**#KidsCancerPain**

Are you a parent of a child w/ cancer? Have you seen ANY of our **#KidsCancerPain** content? Please complete our survey! [surveymonkey.com/r/KidsCancerPa...](https://surveymonkey.com/r/KidsCancerPa...) [pic.twitter.com/0Jt9R7kUeE](https://pic.twitter.com/0Jt9R7kUeE)

 CHRISTINE CHAMBERS @DRCCHAMBERS · 3 MONTHS AGO

 **Ruth McCrea**  
@bravetoddler

Hey parents of kids with cancer here's a survey. If by any chance I win I will stock the CHEO 4N parents' kitchen/SensDen. **#KidsCancerPain** [twitter.com/drcchambers/st...](https://twitter.com/drcchambers/st...)

 3 MONTHS AGO

**This study would not have been possible without the following people:**

 **Christine Chambers**  
@DrCChambers

**#kidscancerpain** has been huge team effort! **#ItTakesAVillage** Thanks @cancerkn!  
[twitter.com/JeepGirl\\_2005/...](https://twitter.com/JeepGirl_2005/...)

 3 MONTHS AGO

**Christine Chambers**

@DrCCChambers

So many people to thank for all their hard work on [#kidscancerpain](#) over the last year!  
[@DrJenStinson](#) [@cancerkn](#)



3 MONTHS AGO

**Dr. Jennifer Stinson**

@DrJenStinson

It's been wonderful to collaborate with [@DrCCChambers](#) (twitter queen) and partner with  
[@cancerkn](#) for [#KidsCancerPain](#)



3 MONTHS AGO

**Dr. Jennifer Stinson**

@DrJenStinson

Thank you to [@cancersociety](#) for funding [#KidsCancerPain](#) - could not have done this without  
your support! [#kidscancerpain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCCChambers

Thank you to [@cancersociety](#) [@CCSresearch](#) for funding this important knowledge translation  
research. [#kidscancerpain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCCChambers

Thanks to members of our [#KidsCancerPain](#) research team [@DrJenStinson](#) [@Fionapain55](#)  
[@MelanieBarwick](#) [@hwitteman](#) [@lindsayjibb](#)



3 MONTHS AGO

**CKN**

@cancerkn

[@DrCCChambers](#) Our pleasure - it was a pleasure working on this team to help make cancer less  
painful for kids [#kidscancerpain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

Thank you to our [#KidsCancerPain](#) parent panel [@Phoeberoserocks](#) [@JennyDoull1](#) [@Max\\_Cure](#) [@jonathanagin](#) [@TEAMFINN](#) [@meagans\\_walk](#) [@GOGLD4KIDS](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

And major thanks to our fantastic behind the scenes [#KidsCancerPain](#) staff [@JAParkerPhD](#) [@JustineDol](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

And behind every great project is an awesome PhD student! Thank you [@PerriTutelman](#), you've been a [#KidsCancerPain](#) rock star! [#kidscancerpain](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

[#KidsCancerPain](#) benefitted from amazing digital strategy and social media expertise from [@EK\\_Drake](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

[#KidsCancerPain](#) graphic design brought to you by Kari from [@brightbydesign](#) and our videos by Kristen from [@AccompliceCSC](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

[#KidsCancerPain](#) supporters [@CCSresearch](#) [@cancersocietyNS](#) [@OpaccOrg](#) [@meagans\\_walk](#) [@Max\\_Cure](#) [@POGO4kids](#) [@neuroblastomaCA](#) [@TEAMFINN](#)



3 MONTHS AGO

**Christine Chambers**

@DrCChambers

That concludes the chat! Thank you all for participating and sharing [#KidsCancerPain](#) content over the past year! [cancerkn.com/kidscancerpain/](http://cancerkn.com/kidscancerpain/)



3 MONTHS AGO

**Dr Vicky Forster**

@vickyyyf

Would like to congratulate the [#kidscancerpain](#) team on their fantastic use of social media. Project was a big inspiration for my [@TEDTalks](#)



3 MONTHS AGO

**Dr Vicky Forster**

@vickyyyf

Many researchers a little slow to pickup social media as useful tool for their research. [#kidscancerpain](#) great example of success.



3 MONTHS AGO

**Marjorie**

@JeepGirl\_2005

Proud to be a part of this amazing collaboration in spreading the word on how to manage [#KidsCancerPain](#) 💖 [ow.ly/JRLD3of498U](https://ow.ly/JRLD3of498U)



3 MONTHS AGO



## Complete our survey if:

- ▶ you are a **parent or caregiver** who has a **child with cancer** (TREATMENT, REMISSION OR SURVIVOR)
- ▶ you have seen any of our **#KidsCancerPain** content over the last year

There will be a draw  
to win 1 of 3 VISA gift  
cards worth \$250 CDN

Centre for  
Pediatric  
Pain Research  
SCIENCE HELPING  
CHILDREN



Are you a parent of a child w/ cancer? Have you seen ANY of our [#KidsCancerPain](#) content? Please complete our survey! [ow.ly/VpLQ30fl23b](https://ow.ly/VpLQ30fl23b) [pic.twitter.com/ojYTliuqrD](https://pic.twitter.com/ojYTliuqrD)

 CKN @CANCERKN · 3 MONTHS AGO